

Reflections on . . . Constructive Use of Time

- ◆ Do I spend most of my time playing or working? Do I sleep less than I need to or more than I need to? Who gets to decide this?
- ◆ Am I sometimes afraid of trying new things because I think I won't be good at them?
- ◆ Is everyone creative, or are only some people creative? Can I be creative in school-work? At my job? In the kitchen? In the community band?
- ◆ Do I like being with large groups of people or do I prefer spending time either alone or with just one or two people? How does that affect the kinds of activities I enjoy?
- ◆ Am I reluctant to be silly and playful because I want to act grown-up? How many times during the day do I laugh?
- ◆ Does my family do fun and interesting activities together? Why or why not?
- ◆ Do I spend too much time being bored or watching tv or playing video games? Do I spend enough time outdoors doing physical activities?
- ◆ What can I do to change the world for the better?
- ◆ How can I gain experience as a leader?
- ◆ Are there any places near my home where I could go to join in with others who are doing interesting things? How can I find out more?
- ◆ What's the best balance of activities for me? Who could help me figure this out?
- ◆ In the past, I've tried to start doing new activities, but after awhile I get bored and quit. How can I find something that really keeps me motivated?
- ◆ Does my family's congregation offer any interesting activities?
- ◆ Have I ever dreamed of being a musician, an artist, an athlete, a scientist, a writer, or an actor? How could I start making those dreams come true?